

KY TEACH PROJECT

KY Commission for Children with Special Health Care Needs
333 Waller Avenue, Suite 300
Lexington, KY

Phone: 606-252-3170 or 800-817-3874
Fax: 606-225-7155



EMAIL US!
kytransition@aol.com

Do you need help finding resources or services in your area? Here's a website that can help:
www.kycares.com



Try This Great Summer Refresher: Fruity Tooty Smoothie

What you need:

- 1 medium-large banana cut into chunks
- 1 cup of unsweetened orange juice
- 1/2 cup of milk
- 1 teaspoon of pure vanilla extract
- 3-4 ice cubes

What you do:

1. Invite someone to share this smoothie treat with you.
2. Place the banana, juice, milk, vanilla, and ice cubes in the blender. Cover and blend until frothy.
3. Pour smoothie into 2 glasses, and sit back, relax, chat, and enjoy.

Can You Guess The Riddles?

Twelve white ponies,
On a red hill,
Always moving,
but standing still.
What are we?



Remove the outside,
cook the inside, eat
the outside, throw
away the inside.

Answer _____

Answer _____

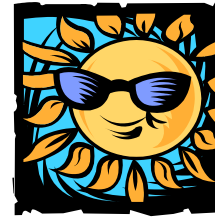
What can you catch, but not throw?

Answer _____

If you have a joke or riddle you would like to be featured in the next newsletter send it to:

KY TEACH PROJECT, 333 Waller Avenue, Suite 300, Lexington, KY 40504

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INDEPENDENCE



CCSHCN
May, 2000

SUMMER IS ALMOST HERE!

No classes, no homework, what are you going to do with all of that time? This is an opportunity for you to attend camps, get a paying job or volunteer, go on a vacation, or take some enrichment classes. There are lots of opportunities for you to make this summer the best one of your life.

Many businesses are looking for summer help. Check the classifieds in your town's newspaper, look in store windows and on bulletin boards for help wanted



signs, or just walk into the business and ask whether they are hiring. You could also ask your family and friends if they know of any job openings.

Another summer activity you could consider is volunteer work. This is a way to

show love and concern for your community. Some examples of places you can volunteer are hospitals, nursing homes, libraries, and day care centers. Even though school is out, you can take classes that will enrich your knowledge in a specific area. Some examples of classes are typing, sign language, Spanish or another language, creative writing, CPR, or sports.

Through summer activities you can earn money, grow in skills and confidence, and share with others. These are also great experiences that you can list on your resume. Have a wonderful summer break and make it last forever by making your experiences count.

**Kentucky
Commission for CSHCN
Regional Offices and
Phone Numbers:**

Ashland
800-650-1329
Barbourville
800-348-4279
Bowling Green
800-843-5877
Edgewood
888-542-4453
Elizabethtown
800-995-6982
Hazard
800-378-3357
Hopkinsville
800-727-9903
Lexington
800-817-3874
Louisville
800-232-1160
Morehead
800-928-3049
Owensboro
877-687-7038
Paducah
800-443-3651
Salersville
800-594-7058
Somerset
800-525-4279

SUCCESSFUL LIVING: Preparing For A Job Interview

After you turn in your completed job application, the employer will review the application. After the employer reviews your application, and he or she feels that you may be the person for the job, the employer will schedule an interview with you. During the interview the employer will ask questions to learn more about you, your skills, and work experience. This information will help the employer choose the more suitable person for the job.



The following tips will help you prepare to have a successful interview:

- Know facts about the company you are interviewing with.
- Know why you want to work for the company and be able to express those thoughts.
- Know yourself; identify your strengths and weaknesses.
- Identify your future goals and be able to express them.
- List some tough questions that you think the interviewer may ask you.
- Ask someone to help you practice your interview skills.
- Know the reason you feel you are the best person for the job.

Before The Interview Checklist

- ✓ Make sure you have gotten enough sleep and a good breakfast.
- ✓ Make sure you have a positive, winning attitude.
- ✓ Make sure you have on an appropriate outfit, which is clean and pressed.
- ✓ Make sure your hair is combed and/or brushed, and your hands and fingernails are clean.
- ✓ Make sure you take your resume with you. (Even if you feel you are too young and haven't had much job experience.)
- ✓ Make sure you arrive at the company before the scheduled interview time.



HEALTHY LIVING: A Checklist for Health

HEALTH FACTOR	CONCERNS	HOW AM I DOING?
Diet	Do I get the right amount of nutrition from my diet? Do I control fat and eat enough fiber?	
Water	Do I drink enough water?	
Sleep	Am I getting (at least) 8 hours of sleep?	
Urinary Function	Do I stay dry?	
Bowel Function	Am I in control?	
Exercise	Do I get enough exercise?	
Neurologic Function	Is there a noticeable change?	
Orthopedic Function	How is my strength? How are my limbs? How straight is my back?	
Intimacy & Friends	Do I have this?	
Body Weight	Is it proportional to my height?	
Skin	How are my feet, legs, and bottom?	
Mobility	Do I get around?	
Mental Health	Am I happy? Do I like myself? Can I list what I am good at?	
Health Care	When is my next appointment? Can I talk with doctors and nurses by myself?	
Growth and Development	Am I reaching my potential?	

It is important for you to become aware of these concerns and ways you can improve your present functioning in each one of the areas listed above.